

## TIPS FOR *heart* HEALTH

**Don't smoke, and if you do, quit.** Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.

**Aim for a healthy weight.** It's important for a long, vigorous life. Overweight and obesity cause many preventable deaths.

**Get moving.** Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.

**Eat for heart health.** Choose a diet low in saturated fat and cholesterol, and moderate in total fat that includes whole grains, fruits, and vegetables.

**Know your numbers.** Ask your doctor to check your blood pressure, cholesterol (total, LDL, HDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

## RISK FACTORS FOR *heart* DISEASE

Heart disease is preventable. Talk to your doctor. Find out your personal risks and take steps to lower them. Act now to protect your heart.

- **High blood pressure**
- **High blood cholesterol**
- **Diabetes**
- **Smoking**
- **Being overweight**
- **Being physically inactive**
- **Having a family history of early heart disease**
- **Age (55 or older for women)**

Having just one risk factor increases your chances of developing heart disease, and your risk skyrockets with each added risk factor. The good news is that leading a healthy lifestyle can lower your risk of heart disease by as much as 82 percent.

[www.hhss.ne.gov/hearttruth](http://www.hhss.ne.gov/hearttruth)

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